



West Bend West High School

Department of Athletics
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TO: Athletic Directors and Track Coaches
FROM: Brian Heimark, West Bend West Athletic Director
DATE: May 10, 2018

NSC JV Conference Championships 5/17/18

Time Schedule: Stadium opens at 3:00 p.m. Coaches meeting will be at 3:15 p.m.
Field events begin at 4:00 p.m. and running events at 4:30 p.m.

Entries: Each school is allowed a maximum of 3 individuals per event. In each relay event, 1 relay team per school is allowed. Individual athletes may compete in a **MAXIMUM of 4 EVENTS** - no more than 3 Running or 3 Field Events. Scoring will be 10-8-6-5-4-3-2-1. Please be mindful of the conference rule regarding participation in the Varsity and JV meets.

All entries must be received by **11:00 p.m. on Tuesday, May 15th** to be considered for seeding. All entries are to be completed on line though P.T. Timing (pttiming.com). Changes can be made at the coaches meeting - scratch and replace only. **NO ADDITIONS.**

Only ¼” SPIKES are allowed. The Shot and Discus circles are on concrete.

High Jump: We have 2 pits so High Jump will be run at the same time.

Pole Vault: Boys will Vault First - Girls Second with 30 minute warm up between them. The starting heights will be determined at the coaches meeting.

Shot Put: **Girls Throw First.** Each athlete will receive four throws, no finals. Throwing format will be 1-1-1-1.

Discus: **Boys Throw First.** Three throws in trials and three in finals. Throwing format will be 1-1-1-1.

Long Jump: **Girls Jump First (4:00-5:00 open pit).** Athletes will get 4 jumps and no finals. Boys trials will start 30 minutes after the completion of the Boys Triple Jump and be open pit for one hour.

Triple Jump: **Boys Jump First (4:00-5:00 open pit).** Athletes will get 4 jumps and no finals. Girls will start 30 minutes after the completion of the Boys Triple Jump and be open pit for one hour.

Meet Manager: Brian Heimark- bheimark@wbsd-schools.org or 262 335-5608

Officials: Bernard McKichan, Michael Riley, Valentine Zibung

Locker Rooms: Locker rooms will not be available – please dress appropriately.

Trainer: Kyle Butters - a certified athletic trainer will be available throughout the meet.

Concessions: Available at the track

ORDER OF EVENTS

3:15 Coaches Meeting – Room D90 (between fieldhouse and south gym)

4:00 Field Events

4:30 Running Events Begin - Girls run first in all events.

3200 Meter Relay
100/110 Meter Hurdle Trials
100 Meter Dash Trials

15 minute break

110/100 Meter Hurdle Finals
100 Meter Dash Finals
1600 Meter Run
800 Meter Relay
400 Meter Dash
400 Meter Relay
300 Meter Hurdles
800 Meter Run
200 Meter Dash
3200 Meter Run
1600 Meter Relay

